

What we claim is:

1. A method for increasing the proliferation of dermal papilla cells in hair follicles which comprises applying to the cells a composition containing a follicle-stimulating effective amount of a creatine compound.
2. The method of claim 1 in which the creatine compound is selected from the group consisting of creatine, creatine phosphate and cyclocreatine.
3. The method of claim 2 in which the compound is creatine.
4. The method of claim 1 in which the creatine compound is applied in an amount of about 0.25mM to about 1mM.
5. A method for reducing or preventing hair loss in an individual at risk for hair loss which comprises topically applying to the hair and/or scalp of the individual a composition comprising a follicle-stimulating effective amount of a creatine compound.
6. The method of claim 5 in which the creatine compound is selected from the group consisting of creatine, creatine phosphate or cyclocreatine.
7. The method of claim 5 in which the creatine compound is creatine.
8. The method of claim 5 in which the amount of creatine compound is from about 0.0001 to about 20%.
9. The method of claim 5 in which the amount of creatine compound is from about 0.001 to about 10%.
10. The method of claim 5 in which the amount of creatine compound is from about 0.01 to about 10%.

11. The method of claim 5 in which the composition is applied from about once a week to about 7 times a week.
12. The method of claim 5 in which the composition is applied chronically.
13. A method for stimulating hair growth in an individual suffering from hair loss which comprises topically applying to the hair and/or scalp of the individual a follicle-stimulating effective amount of a creatine compound.
14. The method of claim 13 in which the hair loss is due to male pattern baldness.
15. The method of claim 13 in which the hair loss is due to aging.
16. The method of claim 13 in which the hair loss is due to chemotherapy or drug exposure.
17. The method of claim 13 in which the amount of creatine compound is from about 0.0001 to about 20% by weight of the composition.
18. The method of claim 13 in which the amount of creatine compound is from about 0.001 to about 10% by weight of the composition.
19. The method of claim 13 in which the creatine compound is creatine.
20. A topical composition for application to hair or scalp comprising a follicle stimulating effective amount of a creatine compound and/or NADH combined with at least one energy increasing compound selected from the group consisting of adenosine, AMP, ADP, ATP, oxaloacetic acid, and carnitine and derivatives thereof.
21. The composition of claim 20 in which creatine is combined with at least two energy increasing compounds.

22. The composition of claim 20 comprising follicle stimulating effective amounts of AMP, carnitine and NADH.
23. A method for stimulating hair growth in an individual suffering from hair loss which comprises topically applying to the hair and/or scalp of the individual a composition according to claim 20.
24. A method for preventing hair loss in an individual at risk of hair loss which comprises topically applying to the hair and/or scalp of the individual a composition according to claim 20.